

Wild Alaskan King Salmon Mediterranean Saffron Couscous

Tzatziki Sauce

Yield: 8 oz. (1 cup) – you can always double it as it lasts a few days

Ingredients:

Cucumbers, English / European, grated, chopped, drained – 2 oz

Kosher Salt – ½ tsp

Greek Yogurt, full fat – ½ cup

Lemons, zested & juiced – 1 tsp

Dill Sprigs, fresh, finely chopped – 1 tsp

Mint Leaves, fresh, finely chopped – 1 tsp

Garlic Cloves, freshly chopped – 1 tsp

Black Pepper, freshly ground – ¼ tsp

1. Grate the English Cucumber on a box grater, using the large holes onto a cutting board, chop them finely, place in a small mixing bowl, add **Kosher Salt**, mix and let rest for 5 minutes. Then drain through a towel or cheesecloth ensuring all excess moisture is removed. Place back into a dry mixing bowl.
2. Add the **Greek Yogurt, Lemon Juice & Zest, Chopped Dill, Chopped Mint, Finely Chopped Garlic Cloves, Finely Ground Black Pepper**, mix well until combined.
3. Serve, or may be refrigerated for 7 days.

Saffron Couscous – side dish

Yield: 2 cups

Ingredients:

Fregola Sarda – (Israeli or Pearl Couscous) – ½ cup

Saffron Threads – 1/8 tsp

Kosher Salt – 1 tsp

Black Pepper, freshly ground – ¼ tsp

Olive Oil, extra virgin – 1 tsp to cook plus more to finish

Water, cold – 1 ½ cup

Parmesan Cheese, grated – 1/4 cup

1. Place **Fregola Sarda (Couscous), Saffron Threads, Kosher Salt, Black Pepper, Water and Olive Oil** in a small 6" sauce pan, cook slowly over low to medium heat using the cooking time indicated for the product. Remove from the heat, there will be a little excess water, but it will be absorbed. Add half the **Grated Parmesan Cheese**, mix it into the dish and garnish top with the remaining half. Drizzle some more Olive Oil over the top. Serve.

Limonata Vinaigrette

Yield: 2 oz. – you can double this as it lasts a few days

Ingredients:**Olive Oil, extra virgin – 1 oz (2 Tbsp)****Lemon, zested & juiced – ½ oz (1 Tbsp)****Honey - (1 Tbsp)****Kosher Salt – ½ tsp****Black Pepper, freshly ground – ¼ tsp**

1. In a squirt bottle or a small side dish, combine all the ingredients, mix or shake well, and reserve for dish.

Wild Alaskan Salmon Mediterranean Couscous Recipe**Alaskan Copper River King Salmon Fillet, pin bone out – 16 – 20 oz. (Sockeye, Other Salmon Varieties)****Alderwood Wood Plank, large, soaked 1 hour – 1 each (Cedar and other wood varieties are acceptable)****Kosher Salt - 1 ½ tsp****Black Pepper, freshly ground – ½ tsp****Cherry or Grape Tomatoes, mixed heirloom, cut in half – 4 oz (any small tomatoes are acceptable)****Cucumbers, English / European, diced 1/2" pieces – 4 oz****Red Onions, peeled, sliced 1/8" – ½ oz****Feta Cheese, drained, diced or crumbled ½" pieces – 1 ½ - 2 oz****Basil Leaves, fresh, small – 16 – 20 each****Kosher Salt – pinch****Limonata Vinaigrette – 2 oz.****Dill Sprigs, fresh, whole – 10 – 12 each****Saffron Couscous, recipe above****Procedure:**

1. Heat Outdoor Grill on medium to high heat or prepare charcoal to be ready to cook.
 2. Mix the **Halved Cherry / Grape Tomatoes, Diced Cucumbers, Sliced Red Onions, Feta Cheese, Basil Leaves, Kosher Salt and 1 oz. Limonata Vinaigrette**, gently mix to combine. Reserve.
 3. Season both sides of the **Salmon Fillet with Kosher Salt and Freshly Ground Black Pepper** and place the skin side down on the **Alderwood Wood Plank**.
 4. Place the **Salmon and Wood Plank** directly onto the grill and cook slowly, in a place where it will receive even heat, cook with the grill covered to ensure the top of the Salmon cooks evenly, this will take between 8 – 12 minutes depending on the thickness of the salmon or an internal temperature of 140° to 145° is achieved. Once cooked, remove from grill. Place on the serving dish and drizzle remaining 1 oz. Limonata Vinaigrette over the top of the fish.
 5. Garnish with Fresh Dill Sprigs. Serve Family Style with Saffron Couscous, Tzatziki Sauce and the Tomato Cucumber & Feta Salad. Enjoy with a crisp glass of Rose wine.
- Alternative Method; If cooking indoors, heat Convection Oven to 400° and cook for 8 -10 minutes on sheet pan.

Filet Mignon Cooking

Filet Mignon Steaks, center cut, 20 – 25 oz – 4 – 5 each, approximately 5 – 6 oz, 1 ½” – 2” thick

- **Any other steak can be used, but cooking time may vary**

Kosher Salt – 1 ½ - 2 tsp

Black Pepper, freshly ground – ¾ - 1 tsp

Olive Oil – 1 Tbsp

Procedure:

1. Season **Filet Mignon Steaks with Kosher Salt and Black Pepper**, evenly on all sides. Then rub them with **Extra Virgin Olive Oil**.
2. Place onto the hot spot of the Grill and cook for approximately 3-4 minutes on both sides, managing the hot spots and warmer spots. If the steak is cooking too quickly and charring, move it to a cooler part of the grill. Cover as needed to create a more even cooking of the steak. I normally cover the first 5 – 6 minutes and then use the last 2-3 minutes to evenly caramelize and get a nice deep golden-brown color on the meat.
3. Remove from the Grill on a cooling rack and allow the steaks to rest for 5 – 6 minutes before serving.
4. This a great accompaniment for the above meal to accommodate the fish and meat lovers.